

# HEAT STRESS

## Protecting Yourself in the Sun

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

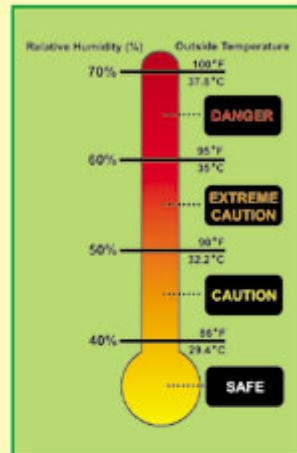
### Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

### Skin Cancer

The main cause of skin cancer is exposure to ultraviolet rays (UV) from the sun and artificial sources. UV rays in sunlight cause 90 percent of all skin cancers. Skin cancer is highly preventable when precautions are taken. Sunlight, which contains UV radiation, will cause premature aging of skin, wrinkles, cataracts, and skin cancers. Be careful when you are in the sun if you burn easily, or spend a lot of time outdoors. UV radiation is the greatest during summer, or the month of May - August. Spring, Fall and Winter seasons have a lower UV radiation index.

Ultraviolet (UV) light is a kind of invisible light. In the construction industry, UV light may be generated during welding. It can burn the eyes and skin. If you work outside frequently please protect yourself.



### Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

### Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or fits.

### Preventing Heat Stress

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| <b>1</b><br><br>Protect your eyes. Use sunglasses.                 | <b>2</b><br><br>Wear long pants, and long sleeves. Wear lightweight, light colored, loose-fitting clothes. | <b>3</b><br><br>Wear a large brimmed hat to protect the neck, ears and nose. | <b>4</b><br><br>Apply sun block with at least a label of SPF 15. SPF 30 recommended. Apply at least 20-30 mins prior to being outside. |
| <b>5</b><br><br>Drink lots of water; about 1 cup every 15 minutes. | <b>6</b><br><br>Make sure you have ample shade available to rest in during your breaks.                    | <b>7</b><br><br>Avoid alcohol, caffeinated drinks, or heavy meals.           | <b>8</b><br><br>Annual appointments with a dermatologist for a mole check.   |

### What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

